

Butternut Squash with Black Beans

Makes: 6 servings

Butternut squash and black beans make a hearty side dish that is delicious and full of fiber and protein.

Ingredients

- 2 3/4 cups** Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon** vegetable oil
- 1** onion (small, chopped)
- 1/4 teaspoon** garlic powder
- 1/4 cup** red wine vinegar
- 1/4 cup** water
- 2 cans** black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon** oregano


Directions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.

Nutrition Information

Nutrients	Amount
Calories	209
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	317 mg
Total Carbohydrate	39 g
Dietary Fiber	9 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 IU
Calcium	90 mg
Iron	3 mg
Potassium	779 mg
N/A - data is not available	

MyPlate Food Groups

 Vegetables	1 1/2 cups
--	------------

6. Cook for 5 minutes on medium heat.

7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.

8. Add the beans and oregano. Cook until the beans are heated through.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes